

INDIVIDUAL HANDOUT 15.4

What Keeps Me from Expressing My Appreciation?

1. I fear the pain of not being able to express my appreciation clearly.
2. I fear the pain of not seeing my intention or words being received or understood.
3. I fear the pain of being viewed by others in ways I consider negative. For example, being viewed as:
 - a. “manipulative” “fake” “insincere”
 - b. “sentimental” “uncool”
 - c. _____
4. I fear the pain of “falling apart” or “getting too emotional” when I try to express my appreciation.
5. I believe the other person already knows that I appreciate them.
6. I believe the other person is simply doing their job.
7. I believe that the other person either does not need or does not want my appreciation.
8. I believe that the other person expects or is eager for me to give appreciation (thus inclining me towards resistance).
9. I believe that the other person does not deserve appreciation due to some other behaviors I have seen in them.
10. I believe that appreciation might “spoil” or alter our relationship, making it less manageable (e.g. such that it requires more personal attention or calls on me to connect beyond roles and hierarchy).
11. I believe that talk is cheap and action is what counts.
12. I believe that verbalizing appreciation introduces formality and distance in close, familial relationships (by implying that words are needed to express what intimately-connected hearts naturally already share).
13. _____